

KUNSANG YESHE RETREAT CENTRE

# THE EIGHT VERSES OF THOUGHT TRANSFORMATION with Ven Yönten

22 & 29 MAY, 2021  
9:00AM - 12:30 PM

VIA ZOOM VIRTUAL CLASSROOM



If ever there was a time for exploring ways to radically reframe difficult experiences, it would be now. Buddhism is famous for its “Thought Transformation/Mind Training/ lo-jong” techniques. One of the most succinct and pithy texts of this genre is The Eight Verses of Thought Transformation.

**About the Teacher:** Ven. Yönten is an American-born fully ordained Buddhist nun in the Gelug Tibetan tradition who was ordained in 2003. Buddhist since her teenage years, Ven. Yönten moved to Chenrezig Institute in QLD, Australia when she was 19 and studied intensively for seven years, completing the Buddhist Studies Program and retreats. Ven Yönten has continued to study, retreat and offer service at Dharma Centers around the world.



Bookings essential visit [www.kunsangyeshe.com.au](http://www.kunsangyeshe.com.au)

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